



## What is good Physiotherapy?

### 1. What is Physiotherapy?

Physiotherapy is a health science. Physiotherapists study a minimum of four years for their degrees, and specialist physiotherapists study for years beyond that, to gain their qualifications. Moore Health physiotherapists have all participated in extensive post-graduate education.

### 2. An answer to the cause of your problem

It is common that the underlying cause of a problem is not in the area (of the body) experiencing pain. If the underlying cause of a musculoskeletal problem is not addressed, the problem isn't resolved quickly it is likely to recur. Our unique problem solving methods ensure the actual cause of the problem is found and treated quickly.

### 3. Pain solutions in half the time

Our methods result in a solution to painful problems in half the number of sessions compared with average (physiotherapeutic) care. We can accurately determine the time and cost for a complete recovery!

### 4. No ongoing treatments without results

A solution to your condition will be found quickly. We do not continue treatment without results. Some musculoskeletal problems are not appropriate to be fixed solely by physiotherapy – If we cannot solve the problem, we will help you find the health practitioner who can.

### 5. Preventing pain and injury

The majority of musculoskeletal conditions are the result of strain gradually accumulating over months or years. This may be revealed with a sudden onset of pain or gradual build-up manifesting as aches or pain with a specific or sudden movements. Our physiotherapists focus on the causes before they build to become pain. This minimizes the risk of you suffering pain and injury.

### 6. Your toolkit for ongoing health

Your Moore Health physiotherapist will teach you how to monitor that you are exercising, moving or holding posture correctly. These feedback tools give you the confidence that you have the right control over your body.

Great physiotherapy also involves **sharing techniques and methods** in [education courses for general clients and for professionals](#), such as Personal Trainers and exercise physiologists. If you are interested in learning effective techniques and methods that achieve **injury prevention and performance enhancement** then [express your interest](#) today.

### 7. Staying better longer

People experience a rapid recovery and improved long term wellbeing when they have a good support network. This is something that Moore Health strives to achieve at all times.

\*A small proportion of musculoskeletal conditions sometimes have pathology that is not amenable to immediate change. We can accurately diagnose these conditions and ensure you are on the best plan possible for fastest recovery. After we assess your condition we will explain the details of care needed for your condition and if this fits with our guarantee.